



Healthy Habits

THE EPIDEMIC!

According to the center for disease control:

- 63% of **KENTUCKY** adults are *obese or overweight*.
- 26% of non-Hispanic white adults, 39% of non-Hispanic black adults and 16% of Hispanic adults in **KENTUCKY** are *obese*.
- 35% of children between 2-5 years of age in **KENTUCKY** are overweight or at risk of becoming *overweight*.

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What is obesity/overweight?

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likeli-

hood of certain diseases and other health problems.

DIET AND DISEASE

Overweight and obesity, influenced by poor diet and inactivity, are significantly associated with

an increased risk of diabetes, high blood pressure, high cholesterol, asthma, joint problems and poor health status.

Put very simply we are eating too much and not doing enough physical activity.

Why do you need to know your BMI?

Your body mass index (BMI) is related to body fat. It is a tool for indicating weight status for all individuals (except children younger than two). For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called BMI. For most people, BMI correlates with amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a

BMI of 30 or higher is considered obese.

The choices individuals make about what they eat and their activity level have an undeniable role in the rise of overweight and obesity. If you use up your total daily calories on a few high-calorie items, chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

To get all the nutrients you need, without eat-

ing too many calories, you should choose foods that are packed with nutrients, but lower in calories, from each of the food groups. These foods include:

FRUITS AND VEGETABLES, WHOLE GRAINS, LEAN MEATS AND FAT FREE OR LOW FAT MILK AND MILK PRODUCTS.



Inside this issue:

The Colors of Health	2
Quick Tips	2
When You're at Home	3
When You're Eating Out	3
Eat a Colorful Variety Every Day	3
Pumpkin Muffins	4

The Colors of Health

Here's some news your stomach will enjoy. We've just been given permission to eat more—more delicious, nutritious fruits and vegetables, that is, so start filling your plate today. The Department of Agriculture new food pyramid advises Americans to eat more fruits and vegetables than any other food group. **FIVE** a day – cups that is – of fruit and vegetables depending on your age, sex and activity level.

So make half your plate fruits and vegetables at meal and snack times. Start slow on your way to making diet changes. Start by replacing high-calorie foods with low-calorie foods. Fill your plate with a colorful variety of fruits and vegetables over the course of the day by:

- * Plan meals in advance, add more fruits and vegetables to your menu.
- * Snack on fruits and vegetables, instead of salty snacks.

- * Add a fruit juice to breakfast instead of coffee.
- * Replace a side dish with a salad, fruit or vegetable when eating out.
- * Fill up with soup and salad after all, you will eat less when doing this.

So, to look and feel better and to protect your health down the road, fill 'er up with fruits and vegetables!



It's easy to get 5 to 9 servings of fruits and vegetables into your diet every day. Just remember think color!



Quick Tips

- ✓ Toss fruit into your green salad for extra flavor, variety, color and crunch.
- ✓ Make your meal colorful by adding green, red, orange and yellow peppers.
- ✓ Think frozen! Frozen fruits and vegetables are just as healthy as fresh.
- ✓ Add apples, raisins or pineapples chunks to deli salads like chicken pasta.
- ✓ Add frozen mixed vegetables to canned or dried soup.
- ✓ Make a quick smoothie by adding fruit.
- ✓ Keep an easy-to-grab bag, pre-washed bowl of fruit on the counter.

When you're eating at home...

Choose:

- 100% juice
- Dried fruit or veggie snacks
- $\frac{1}{2}$ cup applesauce for baking
- Fruit sorbet

Instead of:

- Coffee or soda
- Chips, candy or cookies
- $\frac{1}{2}$ cup of oil
- Ice cream



When you're eating out...

Choose:

- Grilled chicken
- Plain baked potato
- Leafy green salad
- Fruit-based desserts

Instead of:

- Ground beef burger
- French fries
- Pasta salad
- Cakes or sweets

*Carve a jack-o-lantern
with personality to greet visitors to your home.*

Eat a colorful variety every day

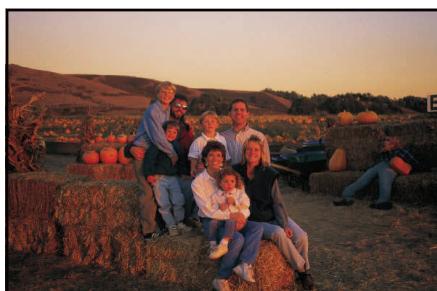
You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods.

As part of a healthy diet, eating fruits and vegetables instead of HIGH-FAT FOODS MAY MAKE IT EASIER TO CONTROL YOUR WEIGHT.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous

amounts as part of a healthy diet are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes,

some types of cancer and perhaps heart disease and high blood pressure.



Exercise, no matter how small, burns calories. Have some fun with your family by visiting a local farm to select a pumpkin from the field or the farmers market.





Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621



Pumpkin Muffins

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

2 cups	whole wheat baking mix	1/4 cup	sugar
2 teaspoons	baking powder	2	eggs
2 teaspoons	pumpkin pie spice	1/2 cup	low fat milk
1	16 ounce can pumpkin	1/4 cup	honey or molasses

Preheat oven to 400 degrees. Mix dry ingredients. Make well in center, add wet ingredients. Mix until just blended. Fill muffin cups 2/3 full and bake 15—20 minutes. Makes 12 large muffins.

Content in grams:	
Calories	190
Protein	5
Fat	2
Carbohydrates	41
Fiber	5

